

need chizzuk

Posted by egds - 01 Feb 2019 01:15

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Anyone have any advice how to stay calm in the beginning of this battle

a distraction

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Re: need chizzuk

Posted by ColinColin - 01 Feb 2019 02:29

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Have a few ideas of alternative activities to distract yourself:

Walking.

Hiking.

Reading.

Talking with a friend.

Tidying up your house.

Visiting an elderly or sick relative etc.

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Re: need chizzuk

Posted by ???? - 01 Feb 2019 09:30

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Stay constantly connected to hashem and to the people here, that helped mostly for me and many roamers around here, get out of isolation!

you'll get there iy"y!

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Re: need chizzuk

Posted by Shmiras\_3.0 - 02 Feb 2019 20:22

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i can relate to your post, and your are right "on the ball". Lust-Addictionsis when lust became far more than just "attraction" but rather a distraction from all the pent-up fears/worries/stress/embarrassment/grief/regret/shame/guilt/etc... **and as soon as people start the long journey of 'abstaining' from lust** they desprately seek an alternative distraction.

From my experience:

If you smoke, you'll buy a carton instead of just a pack

If you overeat, you might as well go buy a larger size of pants

If you workout- you'llso more often (dopamine is also a powerfull drug)

If you endlessly read news- you might find yourself catching up on Zimbabwe's politics (for example)

If you overdo whats-app - You will most likely sign up to another hundred groups.

the faster YOU DO THE STEOWORK (and it IS a process of delf-discovery) the less you will have to run from. until one day you can sit calmly and enjoy the SERENITY of RECOVERY

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